



CALIFORNIA WorksWell

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Heart Walk Success 2002!

THE STATE EMPLOYEE HEART WALK held at the Capitol on September 12th was a very successful event. The main focus and purpose of the event was to:

- encourage physical activity for State employees through participation in a one-mile walk around the Capitol;
- provide a variety of useful health information to employees at the health fair;
- offer free health screenings for blood pressure, cholesterol, body fat, and bone density;
- increase awareness of heart disease and stroke and the risk factors involved;
- offer employees a chance to obtain open enrollment information and talk with currently available health carriers; and
- support important research and education for heart disease and stroke prevention, diagnosis, and treatment, and reach out to people before they

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The Link Between Diabetes and Cardiovascular Disease

CARDIOVASCULAR DISEASE (CVD) is a major complication and the leading cause of premature death among people with diabetes. About 75 percent of people with diabetes die from heart disease or stroke. Adults with diabetes are two to four times more likely to have heart disease or suffer a stroke than people without diabetes. Middle-aged people with type 2 diabetes have the same high risk for heart attack as people without diabetes who already have had a heart attack. Relatively small improvements in blood glucose (sugar), lipids, and blood pressure values result in decreased risk for diabetes complications.

Have deaths from heart disease declined?

- Deaths from heart disease in women with diabetes have increased 23 percent over the past 30 years compared to a 27 percent decrease in women without diabetes.
- Deaths from heart disease in men with diabetes have decreased by only 13 percent compared to a 36 percent decrease in men without diabetes.
- Heart attacks occur at an earlier age in people with diabetes.
- People with diabetes are more likely to die from a heart attack and are more likely than those without diabetes to have a second event.



Why the increased risk of CVD for people with diabetes?

- People with type 2 diabetes have high rates of hypertension, dyslipidemia and obesity, major reasons for their two-to-four-fold higher rates of CVD.
- 97 percent of adults with type 2 diabetes have one or more lipid abnormalities.
- About 70 percent of people with diabetes also have high blood pressure.
- Sticky blood platelets contribute to clotting problems and poor blood flow in people with diabetes.
- Smoking doubles the risk for CVD in people with diabetes.

Who is at highest risk for premature death or disability due to diabetes and CVD?

- People with a family history of diabetes. People who have a first-degree relative with type 2 diabetes are at increased risk.

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- Overweight and obese people. About 80 percent of people with type 2 diabetes are overweight. Type 2 diabetes occurs at an earlier age in overweight people.

- Special populations. The following populations are particularly at risk for diabetes and its complications: African Americans, Hispanic/Latino Americans, American Indians, Asian Americans and Pacific Islanders.

- Older people. The incidence of diabetes rises with advancing age and the number of older people in the United States is growing rapidly.

What are the therapy goals for optimal diabetes management?

These are the recommended therapy goals for the ABCs of diabetes:

A A1C (blood glucose)	< 7 percent
B Blood Pressure	< 130/80 mmHg
C Cholesterol – LDL	< 100 mg/dl

People with diabetes should ask their health care team the following questions:

- What are my A1C, blood pressure, and cholesterol numbers?
- What are my treatment goals?
- What do I need to do to reach and maintain my goals?

What should people with diabetes do to lower their CVD risk?

A variety of successful management approaches including therapeutic lifestyle changes — diet, weight management and increased physical activity — and drug therapy are currently available to control CVD risk factors and prevent or treat the complications of diabetes.

People with diabetes should:

- Participate with their health care team in treatment decisions, set individual lifestyle goals, receive adequate education, and actively manage their disease.
- Control their blood glucose and blood pressure to reduce the risk for eye, kidney and nerve disease.
- Control their blood pressure and cholesterol to reduce their risk for CVD.
- Ask about aspirin therapy for CVD prevention.
- If they smoke, quit.

To request a free ABCs brochure call the National Diabetes Education Program at 1-800-438-5383. To learn more about diabetes call 1-800-Diabetes or check www.diabetes.org. To learn more about the California Diabetes Control Program's statewide ABCs campaign call 916-445-8732 or check www.dhs.ca.gov/diabetes.

become victims of heart attack or stroke.

It's been proven that those who are physically active are at lower risk for heart disease, high blood pressure, high cholesterol, osteoporosis, and increased complications of diabetes. Participating in the event helped employees come together and provided a mechanism for teamwork, goal setting, team building, social interaction and camaraderie.

Sacramento was not the only place a Heart Walk was held. Several departments organized their own walks and health fairs for the employees at their locations. They were able to make significant contributions to the Heart Association and provided a great physical activity for their employees. Congratulations to all of you who coordinated your own events or got your departments involved in the community events near you.

This was the second annual State Employee Heart Walk. Last year, about 500 employees participated in the event. Based on discussions with departments,

the American Heart Association (AHA) estimated that participation would double this year. The participation in fact quadrupled!

Because the Team Leaders were so successful in reaching employees and encouraging them to participate, there was an outpouring of support for the event. On the one hand, this was great because it meant we had a high number of people walking, taking advantage of the health fair, and supporting the Heart Association's efforts. On the other hand, we ran short on the "thank you" lunches for those who donated \$25 or more.

While this was disappointing, this level of unprecedented participation was a huge success story in our goal to help the AHA and those who are affected by heart disease and stroke. The AHA has been working diligently to compensate those who were unable to redeem their lunch tickets at the event.

On behalf of DPA and AHA we'd like to thank everyone who participated and made all of the walks throughout California so successful. We're already looking at ways to improve the event

next year and hope that you will all join us again.

Thank you for your continuing support for this and other wellness and health promotion activities throughout the year for State employees.

Article submitted by Terri Skondin, Statewide Health Promotion Program Manager with the Department of Personnel Administration, Benefits Division.

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